

# X KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

**Wydarzenie:** KOSZALIŃSKI BIEG GÓRSKI  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-03-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PERLIK Tomasz</b>	<b>141</b>	MTS HAMER MIASTKO	M30-39	1	<b>00:21:24.27</b>		4:16	14 (100%)
2	<b>ZABORSKI Ryszard</b>	<b>219</b>	TKKF KOSZALIN	M40-49	1	<b>00:22:14.41</b>	+00:00:50 (3.8%)	4:26	13.5 (96.4%)
3	<b>HUBERT Łukasz</b>	<b>50</b>	TKKF KOSZALIN	M30-39	2	<b>00:23:33.80</b>	+00:02:09 (9.2%)	4:42	12.7 (90.7%)
4	<b>RYKIEL Michał</b>	<b>167</b>		M30-39	3	<b>00:24:08.17</b>	+00:02:43 (11.3%)	4:49	12.4 (88.6%)
5	<b>KASZUBIAK Klaudiusz</b>	<b>66</b>		M40-49	2	<b>00:24:19.96</b>	+00:02:55 (12.0%)	4:52	12.3 (87.9%)
6	<b>ZUKAL Piotr</b>	<b>240</b>		M40-49	3	<b>00:24:42.51</b>	+00:03:18 (13.4%)	4:56	12.1 (86.4%)
7	<b>MAJKOWICZ Rafał</b>	<b>109</b>		M30-39	4	<b>00:24:46.05</b>	+00:03:21 (13.6%)	4:57	12.1 (86.4%)
8	<b>PIOTRKOWSKI Tomasz</b>	<b>147</b>	STOPA SŁUPSK DECATHLON SŁUPSK	M30-39	5	<b>00:24:56.42</b>	+00:03:32 (14.2%)	4:59	12 (85.7%)
9	<b>SIENIAWSKI Jarek</b>	<b>174</b>	MEDEN-INMED SPORTS TEAM	M40-49	4	<b>00:25:00.71</b>	+00:03:36 (14.4%)	5:00	12 (85.7%)
10	<b>PICK Tomasz</b>	<b>143</b>	DEAF KOSZALIN	M40-49	5	<b>00:25:40.94</b>	+00:04:16 (16.7%)	5:08	11.7 (83.6%)
11	<b>KUJAWSKI Jarosław</b>	<b>243</b>	KAMIEŃ RYMAŃSKI	M16-29	1	<b>00:26:29.43</b>	+00:05:05 (19.2%)	5:17	11.3 (80.7%)
12	<b>CHUTYRKO Paweł</b>	<b>249</b>	KAMIEŃ RYMAŃSKI	M16-29	2	<b>00:26:44.56</b>	+00:05:20 (20.0%)	5:20	11.2 (80.0%)
13	<b>MUCHA Krzysztof</b>	<b>128</b>		M40-49	6	<b>00:26:53.85</b>	+00:05:29 (20.4%)	5:22	11.2 (80.0%)
14	<b>KRZYSZTOFIAK Mariusz</b>	<b>91</b>		M30-39	6	<b>00:26:54.84</b>	+00:05:30 (20.5%)	5:23	11.1 (79.3%)
15	<b>KASPEROWICZ Zdzisław</b>	<b>64</b>	PRO DYSTANS KASPEROWICZ	M40-49	7	<b>00:27:05.21</b>	+00:05:40 (21.0%)	5:25	11.1 (79.3%)
16	<b>MAJCHER Przemysław</b>	<b>238</b>		M16-29	3	<b>00:27:07.75</b>	+00:05:43 (21.1%)	5:25	11.1 (79.3%)
17	<b>SZYMAŃSKI Piotr</b>	<b>192</b>		M30-39	7	<b>00:27:09.81</b>	+00:05:45 (21.2%)	5:25	11 (78.6%)
18	<b>HOREGLAD Paweł</b>	<b>48</b>	SPEEDY GONZALES	M16-29	4	<b>00:27:19.79</b>	+00:05:55 (21.7%)	5:28	11 (78.6%)
19	<b>SOSNOWSKI Tomasz</b>	<b>177</b>	MEDEN-INMED SPORTS TEAM	M16-29	5	<b>00:27:25.80</b>	+00:06:01 (22.0%)	5:29	10.9 (77.9%)
20	<b>BIŃKOWSKI Tomasz</b>	<b>8</b>		M30-39	8	<b>00:27:30.97</b>	+00:06:06 (22.2%)	5:30	10.9 (77.9%)
21	<b>ŚNIEŻKO Marcin</b>	<b>241</b>	TKKF KOSZALIN	M30-39	9	<b>00:27:34.95</b>	+00:06:10 (22.4%)	5:31	10.9 (77.9%)
22	<b>TEMP Kamil</b>	<b>247</b>	KAMIEŃ RYMAŃSKI	M16-29	6	<b>00:27:45.37</b>	+00:06:21 (22.9%)	5:33	10.8 (77.1%)
23	<b>PAWLAK Łukasz</b>	<b>246</b>	KAMIEŃ RYMAŃSKI	M30-39	10	<b>00:27:45.95</b>	+00:06:21 (22.9%)	5:33	10.8 (77.1%)
24	<b>WIELGUS Paweł</b>	<b>207</b>	PRO DYSTANS KASPEROWICZ	M40-49	8	<b>00:27:52.86</b>	+00:06:28 (23.2%)	5:34	10.8 (77.1%)
25	<b>MARZEC Łukasz</b>	<b>116</b>		M30-39	11	<b>00:27:55.98</b>	+00:06:31 (23.4%)	5:35	10.7 (76.4%)
26	<b>ZABŁOCKI Grzegorz</b>	<b>218</b>		M30-39	12	<b>00:27:59.62</b>	+00:06:35 (23.5%)	5:36	10.7 (76.4%)
27	<b>WEBER Paweł</b>	<b>204</b>	ENERGON	M30-39	13	<b>00:28:05.46</b>	+00:06:41 (23.8%)	5:37	10.7 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>SZŁAPAK Krzysztof</b>	<b>187</b>	DRAWSKOPOMORSKIE	M50-59	1	<b>00:28:15.84</b>	+00:06:51 (24.3%)	5:39	10.6 (75.7%)
29	<b>FIGARSKI Leszek</b>	<b>37</b>		M30-39	14	<b>00:28:20.21</b>	+00:06:55 (24.5%)	5:40	10.6 (75.7%)
30	<b>LISOWSKI Sławomir</b>	<b>102</b>		M30-39	15	<b>00:28:25.73</b>	+00:07:01 (24.7%)	5:41	10.6 (75.7%)
31	<b>SEEWALD Jan</b>	<b>173</b>	ZAKWAS	M40-49	9	<b>00:28:35.47</b>	+00:07:11 (25.1%)	5:43	10.5 (75.0%)
32	<b>MAZURSKI Paweł</b>	<b>120</b>		M30-39	16	<b>00:28:55.31</b>	+00:07:31 (26.0%)	5:47	10.4 (74.3%)
33	<b>MIŁASZEWSKI Przemek</b>	<b>123</b>	AMBRA PL	M30-39	17	<b>00:29:10.21</b>	+00:07:45 (26.6%)	5:50	10.3 (73.6%)
34	<b>RUTKOWSKI Ryszard</b>	<b>165</b>	KOSZALIŃSKI RANKING BIEGACZY	M50-59	2	<b>00:29:31.95</b>	+00:08:07 (27.5%)	5:54	10.2 (72.9%)
35	<b>WOŁYŃSKA Wioletta</b>	<b>213</b>	TKKF KOSZALIN	K-Open	1	<b>00:29:45.72</b>	+00:08:21 (28.1%)	5:57	10.1 (72.1%)
36	<b>OLCZAK Krzysztof</b>	<b>131</b>		M30-39	18	<b>00:30:07.97</b>	+00:08:43 (29.0%)	6:01	10 (71.4%)
37	<b>KAŻMIERCZAK Agnieszka</b>	<b>69</b>		K-Open	2	<b>00:30:15.44</b>	+00:08:51 (29.3%)	6:03	9.9 (70.7%)
38	<b>SYCHA Jarosław</b>	<b>182</b>		M30-39	19	<b>00:30:17.68</b>	+00:08:53 (29.3%)	6:03	9.9 (70.7%)
39	<b>KRUPIŃSKI Krzysztof</b>	<b>89</b>	E-UROLOG.EU	M50-59	3	<b>00:30:17.71</b>	+00:08:53 (29.3%)	6:03	9.9 (70.7%)
40	<b>PIETRZYK Paulina</b>	<b>146</b>		K-Open	3	<b>00:30:26.01</b>	+00:09:01 (29.7%)	6:05	9.9 (70.7%)
41	<b>SZOSTAK Marta</b>	<b>188</b>		K-Open	4	<b>00:31:09.72</b>	+00:09:45 (31.3%)	6:14	9.6 (68.6%)
42	<b>FROST Filip</b>	<b>244</b>	KAMIEŃ RYMAŃSKI	M16-29	7	<b>00:31:11.76</b>	+00:09:47 (31.4%)	6:14	9.6 (68.6%)
43	<b>KRASIŃSKI Witold</b>	<b>84</b>		M40-49	10	<b>00:31:22.06</b>	+00:09:57 (31.8%)	6:16	9.6 (68.6%)
44	<b>WIŚNIEWSKA Magdalena</b>	<b>210</b>		K-Open	5	<b>00:31:33.70</b>	+00:10:09 (32.2%)	6:18	9.5 (67.9%)
45	<b>CHWALEBA Jan</b>	<b>23</b>		M50-59	4	<b>00:31:38.55</b>	+00:10:14 (32.4%)	6:19	9.5 (67.9%)
46	<b>ZAGALSKA Paulina</b>	<b>220</b>		K-Open	6	<b>00:31:45.74</b>	+00:10:21 (32.6%)	6:21	9.4 (67.1%)
47	<b>MAZUR Mirosław</b>	<b>118</b>		M40-49	11	<b>00:31:50.31</b>	+00:10:26 (32.8%)	6:22	9.4 (67.1%)
48	<b>KOZAK Grzegorz</b>	<b>80</b>		M40-49	12	<b>00:31:51.11</b>	+00:10:26 (32.8%)	6:22	9.4 (67.1%)
49	<b>OSOBNIAK Ryszard</b>	<b>132</b>	KOSZALIN	M60-69	1	<b>00:31:54.71</b>	+00:10:30 (32.9%)	6:22	9.4 (67.1%)
50	<b>JOCHYM Mariusz</b>	<b>59</b>		M30-39	20	<b>00:32:09.21</b>	+00:10:44 (33.4%)	6:25	9.3 (66.4%)
51	<b>PACAN Bartosz</b>	<b>134</b>		M30-39	21	<b>00:32:11.52</b>	+00:10:47 (33.5%)	6:26	9.3 (66.4%)
52	<b>PACAN Mira</b>	<b>133</b>		K-Open	7	<b>00:32:22.82</b>	+00:10:58 (33.9%)	6:28	9.3 (66.4%)
53	<b>DOLEŻAN Dominika</b>	<b>31</b>		K-Open	8	<b>00:32:27.45</b>	+00:11:03 (34.1%)	6:29	9.2 (65.7%)
54	<b>MIELEWCZYK Radek</b>	<b>245</b>	KAMIEŃ RYMAŃSKI	M16-29	8	<b>00:32:30.31</b>	+00:11:06 (34.2%)	6:30	9.2 (65.7%)
55	<b>POCZĄTEK Mikołaj</b>	<b>152</b>		M30-39	22	<b>00:32:30.35</b>	+00:11:06 (34.2%)	6:30	9.2 (65.7%)
56	<b>SARAPUK Piotr</b>	<b>170</b>		M40-49	13	<b>00:32:40.94</b>	+00:11:16 (34.5%)	6:32	9.2 (65.7%)
57	<b>ZIÓŁKOWSKA Gosia</b>	<b>225</b>		K-Open	9	<b>00:32:42.55</b>	+00:11:18 (34.6%)	6:32	9.2 (65.7%)
58	<b>KOSECKI Tomasz</b>	<b>77</b>	ZAKWAS	M30-39	23	<b>00:32:45.63</b>	+00:11:21 (34.7%)	6:33	9.2 (65.7%)
59	<b>WĄSOWSKI Robert</b>	<b>203</b>	BIURO PODRÓŻY PARADISE TOUR	M16-29	9	<b>00:32:52.29</b>	+00:11:28 (34.9%)	6:34	9.1 (65.0%)
60	<b>PAWŁOWSKA Urszula</b>	<b>139</b>		K-Open	10	<b>00:32:57.50</b>	+00:11:33 (35.1%)	6:35	9.1 (65.0%)
61	<b>KOZŁOWIECKI Waldemar</b>	<b>82</b>	TKKF KOSZALIN	M60-69	2	<b>00:33:04.13</b>	+00:11:39 (35.3%)	6:36	9.1 (65.0%)
62	<b>CZUCZAK Tomasz</b>	<b>29</b>		M40-49	14	<b>00:33:04.73</b>	+00:11:40 (35.3%)	6:37	9.1 (65.0%)
63	<b>KUCHARSKA Małgorzata</b>	<b>93</b>		K-Open	11	<b>00:33:06.19</b>	+00:11:41 (35.3%)	6:37	9.1 (65.0%)
64	<b>DOWNAR-ZAPOLSKI Paweł</b>	<b>32</b>		M30-39	24	<b>00:33:50.94</b>	+00:12:26 (36.8%)	6:46	8.9 (63.6%)
65	<b>SARAPUK Gabriela</b>	<b>171</b>	TKKF KOSZALIN	K-Open	12	<b>00:33:56.13</b>	+00:12:31 (36.9%)	6:47	8.8 (62.9%)
66	<b>KOSZ Paweł</b>	<b>78</b>		M30-39	25	<b>00:34:04.98</b>	+00:12:40 (37.2%)	6:49	8.8 (62.9%)
67	<b>RUTKOWSKI Artur</b>	<b>164</b>	KOSZALIŃSKI RANKING BIEGACZY	M16-29	10	<b>00:34:09.81</b>	+00:12:45 (37.3%)	6:50	8.8 (62.9%)
68	<b>MARKOWSKI Andrzej</b>	<b>202</b>	TKKF KOSZALIN	M60-69	3	<b>00:34:17.67</b>	+00:12:53 (37.6%)	6:51	8.8 (62.9%)
69	<b>ROMAN Sylwia</b>	<b>158</b>		K-Open	13	<b>00:34:21.23</b>	+00:12:56 (37.7%)	6:52	8.7 (62.1%)
70	<b>BOGACKI Tomasz</b>	<b>11</b>	TKKF KOSZALIN	M60-69	4	<b>00:34:54.39</b>	+00:13:30 (38.7%)	6:59	8.6 (61.4%)
71	<b>BILL Łukasz</b>	<b>9</b>		M30-39	26	<b>00:34:54.52</b>	+00:13:30 (38.7%)	6:58	8.6 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
72	<b>BOGACKA</b> Lucyna	<b>10</b>	TKKF KOSZALIN	K-Open	14	<b>00:34:54.63</b>	+00:13:30 (38.7%)	6:59	8.6 (61.4%)
73	<b>GOLEC</b> Anna	<b>42</b>		K-Open	15	<b>00:34:58.07</b>	+00:13:33 (38.8%)	6:59	8.6 (61.4%)
74	<b>BEDNARSKI</b> Piotr	<b>5</b>	SPORTOWA PACZKA	M30-39	27	<b>00:35:03.74</b>	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
75	<b>WIERZBICKI</b> Kacper	<b>208</b>		M30-39	28	<b>00:35:03.82</b>	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
76	<b>GORBACZ</b> Urszula	<b>43</b>		K-Open	16	<b>00:35:03.87</b>	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
77	<b>CZECH</b> Roman	<b>27</b>	GOCH BYTÓW	M70+	1	<b>00:35:07.10</b>	+00:13:42 (39.1%)	7:01	8.5 (60.7%)
78	<b>PŁATOSZ</b> Magda	<b>150</b>		K-Open	17	<b>00:35:23.62</b>	+00:13:59 (39.5%)	7:04	8.5 (60.7%)
79	<b>MACKIEWICZ</b> Angelika	<b>236</b>		K-Open	18	<b>00:35:28.11</b>	+00:14:03 (39.7%)	7:05	8.5 (60.7%)
80	<b>BASIAK</b> Krystian	<b>3</b>	JW1223 KOSZALIN	M30-39	29	<b>00:35:31.01</b>	+00:14:06 (39.7%)	7:06	8.4 (60.0%)
81	<b>KAMIŃSKI</b> Tomasz	<b>61</b>	JEDNOSTKA WOJSKOWA 1223	M40-49	15	<b>00:35:43.64</b>	+00:14:19 (40.1%)	7:08	8.4 (60.0%)
82	<b>KRZEWIŃSKA</b> Monika	<b>242</b>	TKKF KOSZALIN	K-Open	19	<b>00:35:44.95</b>	+00:14:20 (40.1%)	7:08	8.4 (60.0%)
83	<b>KILJAN</b> Sylwia	<b>71</b>	PEPSPORT	K-Open	20	<b>00:35:52.87</b>	+00:14:28 (40.3%)	7:10	8.4 (60.0%)
84	<b>WIKTORSKI</b> Paweł	<b>209</b>		M30-39	30	<b>00:36:31.19</b>	+00:15:06 (41.4%)	7:18	8.2 (58.6%)
85	<b>PIASECKA</b> Dagmara	<b>239</b>		K-Open	21	<b>00:36:36.94</b>	+00:15:12 (41.5%)	7:19	8.2 (58.6%)
86	<b>KONKEL</b> Joanna	<b>76</b>	MKS 'ŚWIĘC' SŁAWNO	K-Open	22	<b>00:36:41.18</b>	+00:15:16 (41.7%)	7:20	8.2 (58.6%)
87	<b>WAJDA</b> Waldemar	<b>201</b>		M40-49	16	<b>00:36:51.52</b>	+00:15:27 (41.9%)	7:22	8.1 (57.9%)
88	<b>WOŹNIAK</b> Iwona	<b>215</b>	RUNGRYF	K-Open	23	<b>00:36:52.21</b>	+00:15:27 (41.9%)	7:22	8.1 (57.9%)
89	<b>SUCHODOLSKA</b> Aleksandra	<b>181</b>	ZABIEGANE	K-Open	24	<b>00:36:52.38</b>	+00:15:28 (42.0%)	7:22	8.1 (57.9%)
90	<b>GŁOWACKI</b> Włodzimierz	<b>41</b>		M70+	2	<b>00:37:11.35</b>	+00:15:47 (42.4%)	7:26	8.1 (57.9%)
91	<b>KARNICKI</b> Zygmunt	<b>63</b>	TKKF KOSZALIN	M60-69	5	<b>00:37:14.17</b>	+00:15:49 (42.5%)	7:26	8.1 (57.9%)
92	<b>BEDNAREK</b> Krzysztof	<b>4</b>	BIURO UBEZPIECZENIOWO-FINANSOWE 'KRIS' KRZYSZTOF BEDNAREK	M40-49	17	<b>00:37:16.89</b>	+00:15:52 (42.6%)	7:27	8 (57.1%)
93	<b>MINDA</b> Jacek	<b>124</b>	WIECZORNE BIEGANIE W GOLENIOWIE	M30-39	31	<b>00:37:18.17</b>	+00:15:53 (42.6%)	7:27	8 (57.1%)
94	<b>JANCZEWSKI</b> Jacek	<b>52</b>	ROZBIEGANY KOSZALIN	M40-49	18	<b>00:37:24.76</b>	+00:16:00 (42.8%)	7:29	8 (57.1%)
95	<b>MAZUREK</b> Barbara	<b>119</b>	ROZBIEGANY KOSZALIN	K-Open	25	<b>00:37:25.54</b>	+00:16:01 (42.8%)	7:29	8 (57.1%)
96	<b>MARKOWSKA</b> Iwona	<b>115</b>	4FIT CROSS BIAŁOGARD	K-Open	26	<b>00:37:35.38</b>	+00:16:11 (43.1%)	7:31	8 (57.1%)
97	<b>WÓJCIK</b> Kamila	<b>216</b>		K-Open	27	<b>00:37:37.01</b>	+00:16:12 (43.1%)	7:31	8 (57.1%)
98	<b>KWIATKOWSKA</b> Joanna	<b>97</b>		K-Open	28	<b>00:38:05.06</b>	+00:16:40 (43.8%)	7:37	7.9 (56.4%)
99	<b>MALINOWSKA-BURDA</b> Aleksandra	<b>113</b>		K-Open	29	<b>00:38:26.48</b>	+00:17:02 (44.3%)	7:41	7.8 (55.7%)
100	<b>ROMANOWICZ</b> Monika	<b>160</b>	ZABIEGANE :)	K-Open	30	<b>00:38:40.98</b>	+00:17:16 (44.7%)	7:44	7.8 (55.7%)
101	<b>ZAWADZKA</b> Aleksandra	<b>222</b>		K-Open	31	<b>00:38:53.26</b>	+00:17:28 (45.0%)	7:46	7.7 (55.0%)
102	<b>SAJEWICZ</b> Renata	<b>169</b>		K-Open	32	<b>00:39:03.06</b>	+00:17:38 (45.2%)	7:48	7.7 (55.0%)
103	<b>ZAWADZKI</b> Sebastian	<b>223</b>		M40-49	19	<b>00:39:03.32</b>	+00:17:39 (45.2%)	7:48	7.7 (55.0%)
104	<b>DEJNAK</b> Dagmara	<b>30</b>		K-Open	33	<b>00:39:11.13</b>	+00:17:46 (45.4%)	7:50	7.7 (55.0%)
105	<b>MARCZAK</b> Małgorzata	<b>114</b>		K-Open	34	<b>00:40:26.46</b>	+00:19:02 (47.1%)	8:05	7.4 (52.9%)
106	<b>ZAKOŚCIELNA</b> Katarzyna	<b>221</b>		K-Open	35	<b>00:40:28.38</b>	+00:19:04 (47.1%)	8:05	7.4 (52.9%)
107	<b>KUDŁACZ</b> Renata	<b>94</b>		K-Open	36	<b>00:40:46.10</b>	+00:19:21 (47.5%)	8:09	7.4 (52.9%)
108	<b>JANOWICZ</b> Przemysław	<b>56</b>	MEDEN-INMED SPORTS TEAM	M16-29	11	<b>00:40:46.34</b>	+00:19:22 (47.5%)	8:09	7.4 (52.9%)
109	<b>PEŁKA</b> Iwona	<b>140</b>		K-Open	37	<b>00:40:50.39</b>	+00:19:26 (47.6%)	8:10	7.3 (52.1%)
110	<b>WACHHOLZ</b> Beata	<b>199</b>	KB BRYZA	K-Open	38	<b>00:40:51.17</b>	+00:19:26 (47.6%)	8:10	7.3 (52.1%)
111	<b>MACIEJEWSKI</b> Maciej	<b>108</b>	MEDEN-INMED SPORTS TEAM	M30-39	32	<b>00:41:27.14</b>	+00:20:02 (48.4%)	8:17	7.2 (51.4%)
112	<b>RUSIECKI</b> Paweł	<b>163</b>	WSPL SP ZOZ KOSZALIN	M40-49	20	<b>00:42:03.10</b>	+00:20:38 (49.1%)	8:24	7.1 (50.7%)
113	<b>CICHOSZ</b> Jerzy	<b>24</b>		M70+	3	<b>00:42:53.70</b>	+00:21:29 (50.1%)	8:34	7 (50.0%)
114	<b>BUDZYŃSKA</b> Elżbieta	<b>17</b>		K-Open	39	<b>00:44:27.05</b>	+00:23:02 (51.8%)	8:53	6.7 (47.9%)
115	<b>HEDDERGOTT</b> Katarzyna	<b>46</b>	JEDWABIŚCI	K-Open	40	<b>00:45:03.12</b>	+00:23:38 (52.5%)	9:00	6.7 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>RYHANYCZ Paweł</b>	<b>166</b>	JEDWABIŚCI	M40-49	21	<b>00:45:03.99</b>	+00:23:39 (52.5%)	9:00	6.7 (47.9%)
117	<b>MINDA Justyna</b>	<b>125</b>	WIECZORNE BIEGANIE W GOLENIOWIE	K-Open	41	<b>00:45:56.44</b>	+00:24:32 (53.4%)	9:11	6.5 (46.4%)
118	<b>SADOWSKA Karolina</b>	<b>168</b>		K-Open	42	<b>00:46:59.47</b>	+00:25:35 (54.4%)	9:24	6.4 (45.7%)
119	<b>KARNICKI Artur</b>	<b>62</b>		M40-49	22	<b>00:48:21.24</b>	+00:26:56 (55.7%)	9:40	6.2 (44.3%)
120	<b>BARTNIK Marian</b>	<b>2</b>	TKKF KOSZALIN	M70+	4	<b>01:11:10.00</b>	+00:49:45 (69.9%)	14:14	4.2 (30.0%)
121	<b>JANUSZEWSKI Jacek</b>	<b>57</b>	17 WOG KOSZALIN	M50-59	5				(0.0%)

Znaleziono 121 wynik(ów)